



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

November 2019

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November 14, 2019 CERT General Meeting By Carol Burtis

We are honored to have Heather Williams, PsyD, as our guest speaker at our November 14th meeting.

Due to illness she was unable to be with us last month. Heather will be speaking about basic crisis intervention. Her biography is listed below.

Professional Summary

Heather Williams was a Program director with CSP Victim Assistance Programs for 14 years and oversaw all special victim programs which include: Homicide, Sexual Assault, Gangs, and Domestic Violence. In 2003, after responding to an active shooter event in Irvine, CA, she created the CSP Crisis Response Team.

As the coordinator of the Crisis Response Team, Heather spent 10 years responding to a number of critical incidents involving homicide, murder-suicide and workplace violence issues to mitigate the trauma experienced by victims, witnesses and the community. In 2011, she responded to the Salon Meritage mass casualty in Seal Beach, CA.

In 2014, Heather was hired by the Orange County Sheriff's Department (OCSO) as the Regional Peer Support Coordinator. Heather coordinates a team of 100 OCSO personnel, provides crisis counseling and critical incident debriefing, and promotes the Emotional Wellness Campaign. She is the co-founder of the Orange County Associate of Peer Supporters (OCAPS) and works in partnership with a number of police departments to help develop and sustain peer support programs and provide critical incident debriefing following a traumatic event.

In addition, Heather provides training on a number of topics that include, "The Impact of Trauma for First Responders," "Building Resilience in Law Enforcement Professionals" and "Employee Wellness."

For the past four years Heather and Investigator and SWAT Team Leader, Shane Millhollon, have presented "Active Shooter Response & Impact of Workplace Violence" in California and at conferences nationwide. After the San Bernardino terrorist attack in December

of 2015, Heather and Shane were tasked by the County of Orange CEO's office to train county employees. In 2016 they conducted 85 presentations to county employees, community members, business owners, county contracted programs and at a number of different conferences.

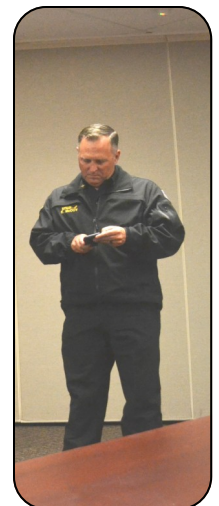
The meeting will be at City Hall, Rooms B7 and B8 starting at 6:30pm. I hope you can join us for this great meeting. Please RSVP by emailing me at carol.burtis@surfcity-hb.org Thanks!

CERT General Meeting Oct. 10, 2019 By Cynthia Goebel

We had a large turnout for our October meeting with many people coming to hear Heather Williams' presentation. Unfortunately, at the last minute Heather became ill and was unable to attend. On very short notice Huntington Beach Fire Battalion Chief Eric McCoy and Division Chief/Fire Marshal Tim Andre graciously accepted the invitation to come to our meeting. It turned out to be a very enlightening and entertaining presentation.

They came up with a table top game to explore how much we know about our city's fire department and our knowledge about fires in general.

Division Chief/Fire Marshal
Tim Andre



Fire Battalion Chief
Eric McCoy

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CERT General Meeting Oct. 10, 2019 (continued from page 1)

Questions answered correctly were rewarded with a prize.

How many fire stations in the city – 8
How many firemen on duty daily – 41
Minimum age for police, fire, marine Explorer program – 14
High rise buildings- how many floors can fire engine ladders reach – 7
Tallest building in city – 14 story senior tower on Delaware
Fire burns faster – uphill, fuel, oxygen and heat

In the home

Primary causes of fire – smoking, rechargeable batteries, overloaded circuits
Fire door function – stop progress of fire (Doors between the garage and home must be “fire doors”)
Close bedroom doors at night to prevent fire from spreading

The Huntington Beach 2019 Great Pacific Airshow Oct. 4-6, 2019

By Richard Batistelli, Your Local Scribe

The word “inimitable” (*unique and beyond*) is the best word to describe the 2019 Airshow on display along the surf line of Huntington Beach this early October. As a hoary (*grayest white and old*) amateur radio volunteer and having participated in all prior aerial events, this humble scribe can attest to the awesomeness of this very exciting three-day celebration of airpower exhibited over our beautiful city.

The thunderous vibrations of low-flying jets, be they massive or sleek, the breathtaking aerobatics of both old and modern aircraft and the fantastic contrails of multicolored smoke cascading across the bright orange afternoon sky all contributed to the seemingly endless and thrilling action-packed day.

Pictures taken of this air parade of older slow moving propeller driven aircraft to the very new jet airframes streaking across the sky speaks volumes of the sights and sounds of this weekend, more so than any words I could utilize at this writing. You really needed to be there to enjoy it.

Hopefully, there will be more equally impressive Huntington Beach Airshows and the nascent (*new and untested*) members of the community can then also enjoy this Air Extraordinaire event.

For some great videos, go to the Airshow website at: <https://pacificairshow.com> and scroll down to 2019 Performers.

**2019 Great Pacific Airshow Oct 4--6, 2019
Huntington Beach CERT and RACES Support
By Raji Shunmugavel**

Beginning with the first 2016 Airshow at the beach, HB RACES members provided ham radio communication support and CERT members provided First Aid and helped with communication. Our job was to provide health and welfare and report any suspicious activity, drones or kites that could interfere with the show.

The weather was perfect for the 2019 Airshow, 78 to 80 degrees Fahrenheit and very clear.

All three years I volunteered for three days as a ham radio operator communicator at the HB Airshow. The show started around 11:30am and ended around 4:00pm. It was CERT'S responsibility to get to our stations by 9:30am, set and test our radios with fellow communicators and be ready for the net by 10:15am. My radio had some issues in the beginning but I solved the problem by changing the batteries. We should always have extra batteries when working any event. We stayed on task until cleared by Net Control to pack up and go home.

This year, every day I was assigned to work at a different station. On day one, I guarded the parking lot at lifeguard tower #3. On day two my assignment was at Med Tent # 2 which was near tower 13. I met CERT First Aid Team members there and was happy I would be able to spend the day with them.

While I was in the Med Tent #2, I noticed our CERT staff kept the place really organized while providing first aid services, lunch time support and lost and found. I was also impressed by the ingenuity of making a “STEP” sign out of tape at the entrance to the tent which was helpful in preventing people from falling as they entered the tent. Both Med tents had ear plugs available for the public, especially children. We were near Gates C and D where we could see the parachute jumps very well.

On day three my assignment was at Pier Plaza where there was heavy traffic of pedestrians entering from Main Street and Pacific Coast Highway. There were many booths and people watching the shows on big TV screens. Police officers were standing on the stage and monitoring the crowd.

The Air Show was a fascinating one. During all three days, CERT and RACES worked together very well. Net Control reported a clear copy of transmission from the communicators for the duration of the event. Our job was to help provide a safe environment, and we met our commitment. This was a big accomplishment.

As a communicator, I focused primarily on my function of radio, constant listening to the net, keeping eyes on surroundings from arrival to departure.

Psychological First Aid for Disaster Service Workers

By Raji Shunmugavel

On October 9, 2019 Rachael Ferraiolo, LCSW, SCI, from the Orange County Health Care Agency presented a class in Psychological First Aid for Disaster Service Workers (DSW) at Irvine City Hall. In attendance were volunteers from CERT, RACES/ARES/ Medical Reserve Corps, Police Services, Fire Watch, Red Cross or partner programs. About ten Huntington Beach CERT members attended the event.

Objectives of the class were:

- Have a basic understanding of Psychological First Aid
- Understand and perform the 8 Core Actions of Psychological First Aid
- Learn cultural considerations for delivering Psychological First Aid

Cultural Considerations:

- Be mindful of your own values and prejudices
- Training in cultural competence helps facilitate awareness
- Gather information on and respect the cultural norms of the community to which you are providing service
- Helps individuals maintain or reestablish customs, traditions, rituals and social bonds
- If unsure, ask questions or seek assistance from community cultural leaders

Eight Core Actions

1. Contact and Engagement
2. Safety and Comfort
3. Stabilization
4. Information Gathering Current Needs and Concerns
5. Practical Assistance
6. Connection with Social Support
7. Information on Coping
8. Linkage to Collaborative Services

During Q and A, when I expressed concerns about a situation, where every form of communication like land line, cell phone and power fails, DSWs are trained to communicate using Ham Radio. However, there may be individuals with special needs unable to use computer links even if computers are working. In many situations all communication resources may be disabled. Rachael suggested responders would seek assistance from trained experts to assist in any problems concerning psychological first aid communication problems.

Irvine Spectrum Active Shooter Exercise

Oct.16, 2019 9:30pm – 3:00am

By Mimi Irvin

Not knowing what to expect when we stood in line to sign in, it was comforting to see other Huntington Beach CERT members there: Janice Goodwin, Buffy Harris, Guy Jackson, Ed Klotz, Raji Shunmugavel and Valerie Spingola. With a thank you from the Irvine Mayor and others from the Irvine Company there to watch, we were given eye protection, and then safety instructions along with directions on what to do and where the assigned area was. The Irvine police drone was flying above us along with police on the rooftop.

They know how to treat their volunteers as they immediately fed us with Corner Bakery sandwiches, chips (with more to grab), and a cookie in the bag complete with apples on the side. Water and Gatorade were on ice with no less than four large coffee containers. Safety was priority and they had personnel situated on the perimeters (or maybe they just didn't want us wandering off window shopping.) Extra food and restrooms were close by in the same area.

We heard the callout that it was time to begin and it started with a group of security and police that arrived to apprehend a suspicious person. Then shots rang out as the sole shooter with a rifle started shooting, coming from different directions in the various scenarios. They had a few of the Irvine CERT people ready to act as victims and cry out or pretend to be dead. The police went into action; their guns were blue-handled filled with blanks. Our job was to react to the shooting. Spectrum security were also there to practice leading people out of the area.

I started out crouching at the first sound of shots then remembered not to do that (remember that Newport police officer mentioning I would become a "head shot" rather than a body hit)...too bad I didn't look to see who was above my head as I clocked Janice in the chin as I stood up...so much for that talk about watching safety when fleeing. Sorry Janice! (I hope it didn't bruise.) A few others also ran into other people, so I wasn't alone (and yes, that made me feel better), but for the most part people took cover without incident.

A few giggles were heard when too many tried to crowd behind the large pots but our adrenaline rose when you heard the shots. We did discover that people tried to hide behind objects that may have looked strong but were either hollow and/or would not have withstood a bullet coming through (again so glad we listened to that policeman about the Vegas shooting.) Once the "call" came out that the scene had ended (either subduing the shooter or they "killed" him), we picked up the "spent" cartridges so we could leave with at least one souvenir. This happened three or four times every hour for the next couple of hours.

(continued to page 4)

Irvine Spectrum Active Shooter Exercise Oct.16, 2019 9:30pm – 3:00am (continued from page 3)

Interesting training for us too...would definitely do another...especially with the HB group we had. They made it really fun. It made you re-think where you would hide...and then where you would run, or whether or not your choice gave you that option if the shooter headed your way. So run and hide, we were asked not to "fight" so that was never in play....they wanted to keep their shooter unhurt. I wonder how we could practice that?

We probably laughed more than half the time with the funny quips and stories people told...not to mention meeting other CERT from Irvine and Orange. It really brought people together. Buffy ("lets run and scream"), Valerie (yelling at her son to come off the play area, and no, her son was not there that night--just good acting), and Janice ("let's go scavenger the bullets") were a hoot! With Guy, Raji, and Ed rounding out the (our) group, it really was a fun time.

Choking

By Raji Shunmugavel

My husband and I had a fun-filled week long vacation in Hawaii. About 8 am on the morning we were to leave for home on a noon flight, I was eating my breakfast and swallowed two large vitamin pills. They stuck in my throat. It was a horrible feeling and I panicked. Then I thought of my CERT first aid training. I remembered it was not life-threatening if I was conscious, could cough, breathe and speak. This was not an emergency.

We were able to fly home as planned. On the plane I drank lots of water and soda. Swallowing solid food was uncomfortable, but by the time I arrived home I was much better.

Most people have choked sometime in their lives and coughed continuously until they expel the food or liquid. However, choking can be dangerous and cause life-threatening complications.

If you are unable to take a breath, talk, or cough, and you are around people who can help you, you should motion to your throat with both hands to indicate that you are choking and cannot breathe.

What to do when you're alone and choking

Call 911 and leave the phone off the hook. The dispatcher will send someone to help even if they hear no talking on the other end. If using a cell phone, keep the phone with you to hand to anyone you encounter. They can follow directions of the dispatcher if they do not know how to help.

Try to cough up the object. If you can cough or make

any sound, your airway is not completely blocked.

Perform the Self-Heimlich Maneuver by placing your fist to your stomach just above your navel, and place your other hand over your fist. Forcefully thrust your fist inward and upward. Heimlich is fine but you may not have the strength with your arms as you lose oxygen, so you can also perform the same maneuver by leaning over a chair, table edge or railing. Quickly thrust your upper belly area (upper abdomen) against the edge. If you need to, repeat this motion until the object blocking your airway comes out.

Lastly, go out front where you have a chance of others seeing you. They may be able to assist.

For more information on what to do if you get food stuck in your throat, go to:

<https://www.healthline.com/health/food-stuck-in-throat>

Food Poisoning

By Susan McClaran

Since the holidays are upon us and we all indulge a little more than normal, I thought instead of a First Aid article, why not give you some preventative information, much of which I am sure you already know. But here are some gentle reminders for you all to stay healthy in these next coming months.

From our friends at WebMD:

Any food can be contaminated with bacteria from unclean surfaces, food handlers who don't wash their hands, or improper preparation. Food items in the following four categories are the ones most likely to make you and your family sick.

1. Ground meats: Hamburger and ground meats of all kinds are very susceptible to bacterial contamination. One of the worst culprits is the *E. coli* 0157:H7 bacteria, which can produce a deadly toxin. To prevent infection, cook all hamburger thoroughly to a temperature of 160 degrees. The center should never be pink. Don't use the same plate for raw hamburgers and cooked ones. Don't let the juices from raw meat drip onto prepared foods while shopping or in the refrigerator. Always wash hands, preparation surfaces, and utensils with hot soapy water after they are in contact with raw meat.

2. Chicken and turkey: Raw or undercooked poultry can be contaminated with *Campylobacter* or *Salmonella*, both common causes of food-transmitted infections. Wash hands, preparation surfaces and utensils with hot, soapy water before and after handling raw poultry. Don't let raw poultry juices drip onto prepared foods while shopping or in the refrigerator. (continued to page 5)

Food Poisoning (continued from page 4)

2, (continued) Cook all poultry products thoroughly to a temperature of 180 degrees in the thigh and 170 degrees in the breast. If you don't have a thermometer, make sure there is no pink left inside and the juices run clear. Warm temperatures allow *Salmonella* bacteria to grow, so always serve poultry hot and refrigerate leftovers promptly.

3. Eggs: *Salmonella* can also be transmitted by eggs. The best way to protect yourself from *Salmonella* is to cook your eggs thoroughly. Keep eggs refrigerated, discard cracked or dirty eggs, and eat eggs promptly after cooking. If you eat foods that contain raw eggs, such as eggnog or Caesar salads, make sure only pasteurized eggs are used. Refrigerate leftover egg dishes and anything containing mayonnaise immediately. Wash hands and cooking utensils with soap and water after contact with raw eggs.

4. Fresh Produce: Always wash fresh fruits and vegetables thoroughly. They may have been contaminated with *Salmonella* or *E. coli* O157:H7 by the many people who handle them between the farm and your kitchen. Even if you plan to peel or cook fruits or vegetables, it's a good idea to wash them as soon as you bring them home from the market.

Oh, I'm sorry.... did I say no First Aid? How could I not?.....see below for treatment:

CALL 911 IF:

- You think the food poisoning may be from seafood or wild mushrooms.
- The person is severely dehydrated.

Control Nausea and Vomiting

- Avoid solid foods until vomiting ends. Then eat light, bland foods, such as saltine crackers, bananas, rice, or bread.
- Sipping liquids may help avoid vomiting.
- Don't eat fried, greasy, spicy, or sweet foods.
- Don't take anti-nausea or anti-diarrhea medication without asking your doctor. They have side effects and may make some kinds of diarrhea worse. Your doctor may give you anti-nausea medication if you are at risk of being dehydrated.

Prevent Dehydration

- Drink clear fluids, starting with small sips and gradually drinking more.
- If vomiting and diarrhea last more than 24 hours, drink an oral rehydration solution..

When to Call a Doctor

Call a doctor immediately if symptoms last more than three days or you have:

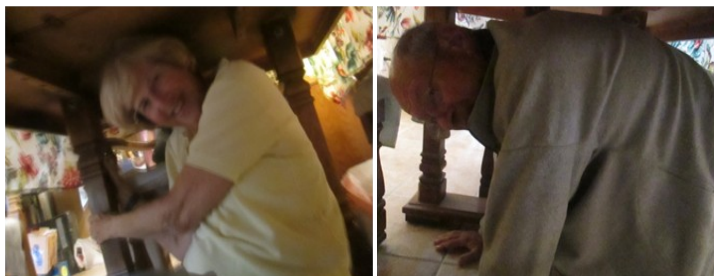
- Severe belly pain
- Fever
- Bloody diarrhea or dark stools
- Vomiting that is prolonged or bloody

- Signs of dehydration, such as dry mouth, decreased urination, dizziness, fatigue, or increased heart rate or breathing rate.

What CERT Members Did During the Great ShakeOut

Peter & Virginia Petrelis

As soon as the drill started, we crawled under the table. The pictures may be a little blurry because we were shaking!



Brenda Low

I purchased a pocket AM/FM radio for my grab and go bag. I also did an inventory of the bag and updated a few items. Last, I'm planning to make a bag for my dogs

Jeff Turlis

I checked in to the Orange County RACES Net drill and gave a report for Huntington Beach; also got a text alert from Alert OC. It was a good drill but no CERT radio members checked in. In the future they should practice radio skills. It was fun and a good drill put on by the county.

Jeannie Berman

I was getting my hair trimmed. I had explained to them all before and given them information. Some participated, some did not. We went under their working stations. Some stared at us while the ones that participated yelled at them lol.

Jill Beideman

Every high school in the Huntington Beach Union High School District performed an earthquake drill today. I was involved at Edison High School drill.

Valerie Spingola

Two weeks prior to the event I passed out the "7 steps to preparedness" that was included in your September 21st email. As I participated in the Active Shooter exercise on Wednesday, I did not get to sleep until 4am on Thursday. I set my alarm to go off at 10:17 AM to simulate my being awakened by an earthquake. I immediately threw the extra blankets on my bed over me and put my pillow over my head as I curled up in a fetal position. I remained there for a few minutes until I felt that the active threat of the earthquake had passed. As this was the middle of the morning during the week I was the only one home.

(continued to page 6)

What CERT Members Did During the Great ShakeOut (continued from page 5)

Mimi Irvin

My company participated this year (two times now!) and they also handed out whistles to staff. I found out that my desk (U shaped area) actually has one place that I feel safer in (right side end corner). With this practice I know where I'm headed.

Linda Volmar

My family consists of my husband, myself and five dogs. At 10:17am I yelled "earthquake" and all five dogs ran into the hallway with me. I have a hip problem so I could not drop. I closed all doors and braced myself for one minute. My husband was driving to Home Depot at the time. He pulled over to the curb along with six other cars. He waited a couple of minutes before continuing to Home Depot. He was very surprised that a few drivers knew what to do and, with a "high five," on they went.

Isabelle Teraoka

My high school participated (Whittier Union High School District). After dropping, covering and holding on, we evacuated to our designated spots on the football field where we took roll and reported our status via an app called Titan HST. We used drones for the first time this year to study traffic flows along evacuation routes.

Raji Shunmugavel

I went to a yoga class today. I just surrendered myself to earth. This was a different feeling (during the ShakeOut time).

Guy Jackson

I work for Johnson & Johnson Surgical Vision in Santa Ana. We have roughly 800 employees in our Santa Ana building. For emergency purposes - the building is split up into colored zones per each of three floors. I'm a primary evacuation coordinator for my floor/zone and there is a secondary coordinator (each floor/zone is split up this way). In our floor/zone we have 52 people covering multiple closed offices and cubicles along two separated hallways. The company had sent out announcements about participation in the Great Shakeout a few weeks ago and my secondary and I sent follow-up emails to everyone in our floor/zone a few days ago.

We were asked by the building coordinator to play a pre-recorded message (with sound effects) from the Great



ShakeOut page. The initial thought was that the coordinators could walk around playing the message on a cellphone. Looking at the number of people and the size of our floor/zone - I decided to use a few connected portable Bluetooth speakers on the floor and

played the message via my iPod Touch. This is the first time we've ever done something like this so there was some skepticism and a little lack of participation (i.e. drop/cover/hold) but maybe that will change the next time we do the drill. I've attached a photo of myself and my secondary (Mary Pena) in our lime-colored evacuation vests.

Cynthia Goebel

On Thursday morning, Priscilla Atkinson and I met with eight ladies (weekly craft meeting in our clubhouse) and talked about the ShakeOut. I had prepared copies from Earthquake Country Alliance of:

Drop, Cover and Hold graphic

- Earthquake Safety Tips for People with Disabilities and Others with Access and Functional Needs
- Seven Steps to Earthquake Safety

They were quite receptive to our presentation and they shared knowledge learned from other sources (work, earthquakes endured - Whittier, Big Bear and Mexico City).

They managed to listen, add comments and continue on with their knitting and quilting.

As they are all seniors, one with a walker, we did not ask them to get down and crawl under a table. We did ask them to look around the clubhouse and suggest suitable places to drop-cover-hold-on. We vetoed the large freestanding fireplace, but agreed with some of the other places. It was a good experience for Priscilla and me.

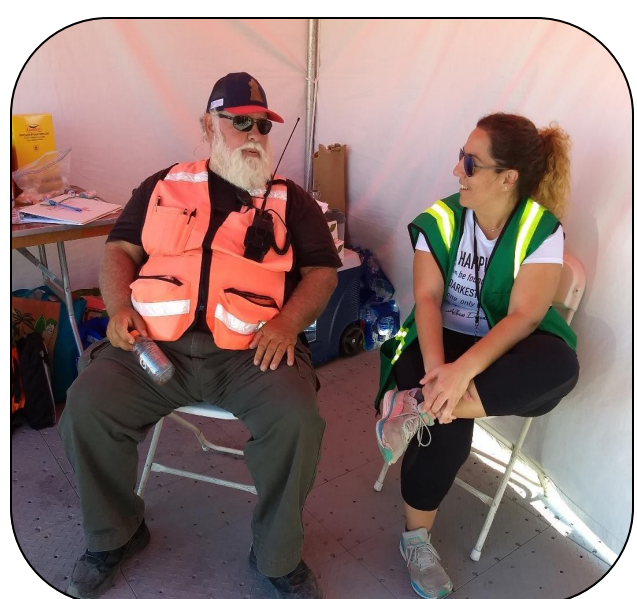
Ada Hand

We did our ShakeOut on Saturday, October 19 at 10:19 a.m. because we have a lot of working people on our Leadership Team. We learned a lot. We went to 142 homes and about 200 residents participated. Our Leadership Team of 30 did a splendid job. We had two pretend victims who the Triage Team treated.



CERT & RACES VOLUNTEERS AT GREAT PACIFIC AIRSHOW OCTOBER 4—6 , 2019





SNAPSHOTS FROM GREAT PACIFIC AIRSHOW OCTOBER 4—6 , 2019



SNAPSHOTS FROM GREAT PACIFIC AIRSHOW OCTOBER 4—6 , 2019 (continued)



SNAPSHOTS FROM GREAT PACIFIC AIRSHOW OCTOBER 4—6 , 2019 (continued)



Airshow Summary:

- ❖ Treated 76 people
- ❖ 2 Required paramedics
- ❖ 20 volunteers in First Aid
- ❖ 6 assisting RACES with radio



PSYCHOLOGICAL FIRST AID FOR DISASTER SERVICE WORKERS OCTOBER 9, 2019



CERT GENERAL MEETING OCTOBER 10, 2019



FIRE DEPARTMENT OPEN HOUSE OCTOBER 12, 2019



POLICE DEPARTMENT OPEN HOUSE, OCTOBER 19, 2019



CITY OF HUNTINGTON BEACH CERT

Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

Upcoming CERT Events & Activities

- CERT General Membership Meeting, Thursday, November 14, 2019, 6:30 PM in B8. (see p1 for more information)
- CERT Holiday Party, December 12, 2019

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee.

- Saturday, November 9, 10:00 am – 1:00 pm
- Wednesday, November 20, 6:00 pm – 9:00 pm
- Saturday, December 14, 10:00 am – 1:00 pm

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

CERT NEWSLETTER STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher), Richard Batistelli, Anna Pinter, Cynthia Goebel, Carol Nehls, Rajarajeswari (Raji) Shunmugavel, Cathy Stanfill

IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert **CERT Contact:** CERT@surfcity-hb.org
CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)